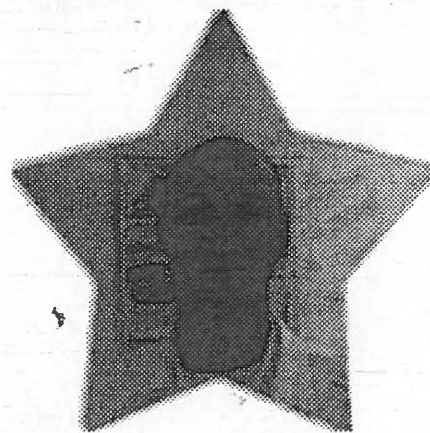
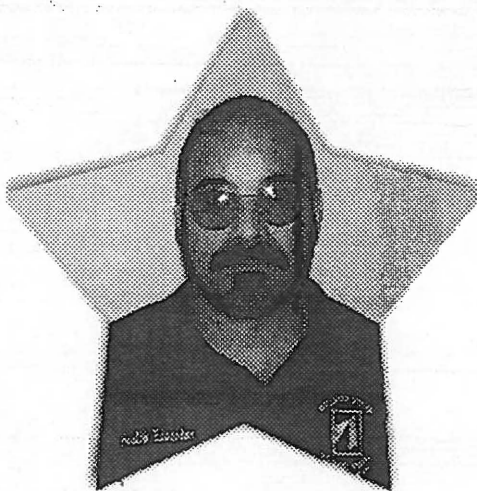


CARIBBEAN PULSE

MARCH/APRIL 2000

NAVAL HOSPITAL ROOSEVELT ROADS

ROOSEY'S supastarz



Naval Hospital Roosevelt Roads Staff Members of the Year (Clockwise From Top): Civilian of the Year, Samuel Rivera; Sailor of the Year, HM1 Timothy Hanley; Junior Sailor of the Year, HM1 Kelly McNulty; Blue Jacket of the Year, HN Jessica Auzenne and; Red Cross Volunteer of the Year, Raquel Perez

AT THE HELM

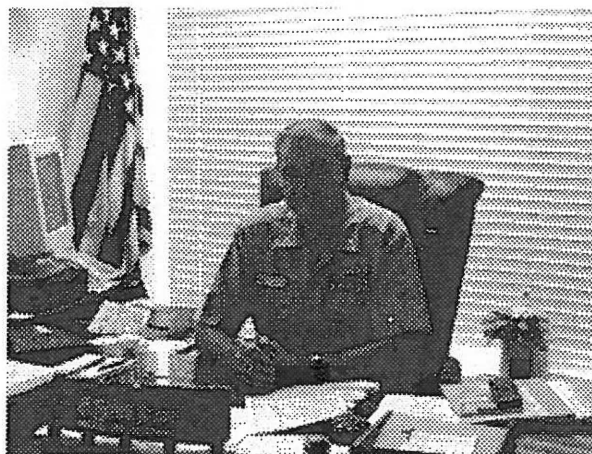
Spring has long been recognized as a time of rebirth and nowhere is the spirit of renewal more evident than at the Naval Hospital here at Roosey Roads.

The Renovation project here at the hospital is about to initiate one of its most active phases. This will have a direct impact on some of our patient care areas. In order to facilitate the renovation project as well as meet the needs of our beneficiaries, we have added a Relocatable Medical Complex. This complex will serve as the home for several of our clinics for the duration of the project

Along with meeting the needs of our beneficiaries, we have a longstanding commitment to serving the community in which we work and live. To that end, the Wellness Center has set in place several initiatives to assist in the education and well being of our neighbors in Puerto Rico. We also recently had the opportunity to assist in a special community service project coordinated with students from our very own high school.

The spirit of giving is alive and well here at Naval Hospital Roosevelt Roads. Whether volunteering time or resources, the "Superstars" here on our staff- from corpsmen and doctors to our civilian employees and Red Cross Volunteers - have, and continue to meet the challenges of serving the community here at the Naval Station. As is always the case, "We are...Standing By Ready to assist."

CO



CAPT G. RUSSELL BROWN, MSC, USN
COMMANDING OFFICER

Naval Hospital Roosevelt Roads

Commanding Officer

CAPT G. Russell Brown, MSC, USN

Executive Officer

CAPT Richard M. Gilbert, MC, USN

Command Master Chief

HMCM (SW/FMF) Charles V. Ratliff

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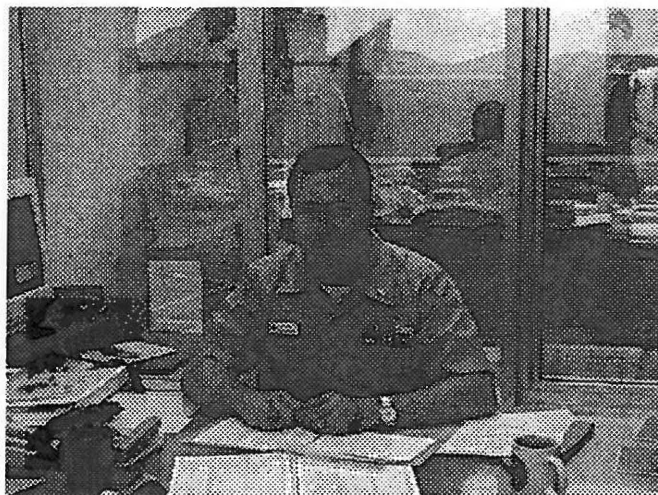
THE MASTER CHIEF SPEAKS...

Well folks I have been here at Naval Hospital Roosevelt Roads for about four months now and the time has just flown by. It had been several years since my last tour at a Naval Hospital and I knew that the transition from the Fleet Marine Force to a hospital command would require an adjustment period in which I would have to "re-learn the system." Fortunately, you, the Sailors, civilian employees, and volunteers of Naval Hospital Roosevelt Roads have made my transition both easy and enjoyable.

The professionalism and dedication displayed by the entire staff of Naval Hospital Roosevelt Roads make it clear why the command enjoys such a great reputation. I am impressed with the professional manner in which each of you carries out your duties. It is also nice to be at a command where shipmates care about each other. Finally, I am impressed with the positive feedback I have received from the Naval Station's other Command Master Chiefs about the outstanding customer service and quality health care provided here at the hospital. I salute each of you for a job well done.

I am excited about being here and joining such a successful team. Through your efforts, the command is clearly meeting its mission of "maintaining a high state of medical readiness by providing the highest quality healthcare throughout the Caribbean." However, quality organizations such as ours are made up of quality people who constantly work to improve themselves and the organization. With this in mind, I look forward to working with each of you as we continue to make Naval Hospital Roosevelt Roads the best medical facility in the United States Navy.

In closing, I want to ensure every Sailor that I am here to work with and for you as your Command Master Chief. You all deserve nothing less than 100% from me and I will give you that every day. Thank you for the support you have given me during the first four months and keep up the good work shipmates!



HMCN (SW/FMF) Charles V. Ratliff, USN
Command Master Chief

"PORTABILITY" **TRICARE MOVES WITH YOU**

Portability allows Tricare Prime to move with you to your new location when you PCS to allow you to be covered in transit and give you and your family time to enroll in Tricare Prime at your next duty station. Prior to leaving Puerto Rico, Visit the Tricare Service Center and complete a Tricare PCS Transfer form. This notifies the Tricare Support Office that you will be leaving and keeps your Prime enrollment active for 60 days after you depart Puerto Rico

Follow portability rules listed in your Tricare Latin America & Canada Prime Enrollee Healthcare Passport for more Information. The phone numbers for each Tricare region are listed in your Tricare passport. If you don't enroll in prime in your new region within 60 days, your healthcare coverage automatically converts to the Tricare Standard Benefit. For more information visit the Tricare Service Center or call 1-888-777-8343, option #3.

Hospital Retention Team Strikes Gold ...Again!



Naval Hospital Retention Team Members Celebrate 3rd Consecutive Golden Anchor Award for Excellence in Retention. The Naval Hospital Roosevelt Roads has one of the highest retention rates for first term sailors in the Navy as well as a strong instance of promotions from enlisted to Officer. The Naval Hospital Retention Team is (bottom row left to right) HM1 Aviles, HM2 Lanae Pecenka, HM1 Kelly McNulty, HM2 Chris Pecenka; (Top Row Left to Right) HM2 Leslie Brown, HM2 Mark Tomlin, HM2 Florentino Farmerio, HM2 Angela Viers, HM2 Jose Villanueva, HM1 Timothy Hanley, HM1 Jacqueline Reck and HM2 Neil Matthew. Not present for the photo is HM2 Michelle Hamilton, HM2 Stephen Martin and HM1 Alfredo DelValle.

Naval Hospital Volunteer Recognition Day April 28, 2000



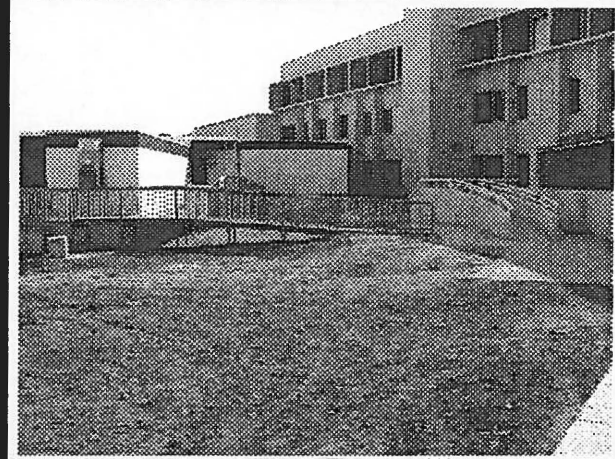
National Volunteer Week began in 1974, when President Richard Nixon signed an executive order establishing the Week as an annual celebration of volunteerism. Every President since has signed a Proclamation promoting the Week. Additionally, governors, mayors and other elected officials make public statements and sign proclamations in support of National Volunteer Week. Sponsored by the Points of Light Foundation and the national network of Volunteer Centers, National Volunteer Week is a time to recognize and celebrate the efforts of volunteers at the local, state and national levels.

Among the national events usually scheduled during the Week are the President's Service Awards, the highest awards given by the President of the United States for volunteerism. Sponsored by the Points of Light Foundation and the Corporation for National Service on behalf of the White House, the awards are presented to individuals and organizations whose programs have significantly impacted their community.

On a local level, Naval Hospital Roosevelt Roads is home to an enthusiastic spirit of volunteerism. The hospital plays host to a number of American Red Cross Volunteers, as well as military and civilian employees who do not hesitate to volunteer their free time in various capacities to both the naval station and surrounding communities.

As part of our commitment to the importance of volunteering and community service, the Commanding Officer, Naval Hospital Roosevelt Roads, set aside April 28th as a celebration of our appreciation and thanks for the commitment to service of our volunteers.

Naval Hospital Clinics Move To Relocatable Medical Complex



HN Daniel L. Henry
Naval Hospital Public Affairs

The renovation of Naval Hospital Roosevelt Roads has progressed at a steady pace. Most of the administrative spaces have been completed and we are now entering a phase where the patients care areas will be affected. In order to make a smooth transition, most of the clinical areas have been moved to our brand new Relocatable Medical Complex.

This Relocatable Medical Complex - or RMC - will be home to several of the naval hospital's busiest clinics for the next 18 Months to 2 years as the renovation project progresses to a close. These include the Physical Therapy Department, the Pediatric Department, Mental Health, Occupational Health and the Internal Medicine Department.

The RMC's are fully air conditioned and constructed of the highest quality materials in order to give our beneficiaries a normal, pleasing environment in which to receive medical services. They are located in the rear lower level of the hospital - directly adjacent to the recently renovated and reopened Naval Hospital galley. In order to facilitate our patients' clinical visits, we have placed permanent signage around all the entrances and on each floor to direct them to their appointment areas. If anyone has trouble locating the RMC facility, the Chief of the Day Office, located on the first floor, will be glad to provide assistance. The Chief of the Day can be contacted at 865-5767.



Through the Eye's Of A Child

LT Thomas Dunmore, NC, USN

This past Christmas, 4 year old Blake received a toy medical kit as a present. This kit could rival the "Black Bag" of even the most seasoned physician. For a greater part of the morning, this young aspiring doctor proudly strutted about the house with his plastic stethoscope hanging from his neck and sphygmomanometer in his hand. Now with his new state-of-the-toy-art equipment, comes the need to put newly acquired skill into practice. Enter the patient, his little sister.

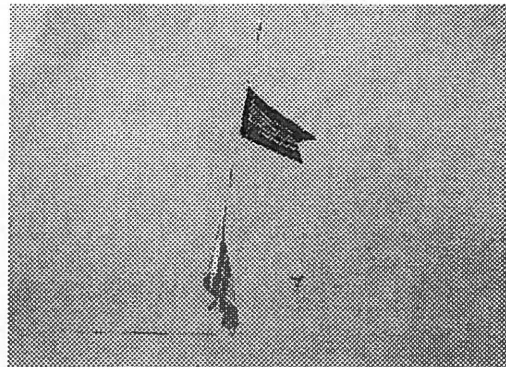
Our young doctor performs his examination: sphygmomanometer spins to green - blood pressure normal; stethoscope to abdomen - heart beating; and patient able to speak - reflexes good. Everything appear to check out fine, but before our patient cannot receive a clean bill of health, she has to have her temperature taken. Well, after being cautioned about not putting an unclean thermometer into his sister's mouth, Blake chooses the next obvious place to get a temperature, the ear.

After a moment, he removes the thermometer from the patient's ear. Young doctor Blake intensely studies the plastic thermometer. You could see the furl in his brow as he concentrates, drawing upon all of the "Fisher Price" medical knowledge that he had to come up with the perfect diagnosis. Suddenly he spoke, compassionately looking his patient directly into the eyes and says, "YOU'VE GOT GAS!"

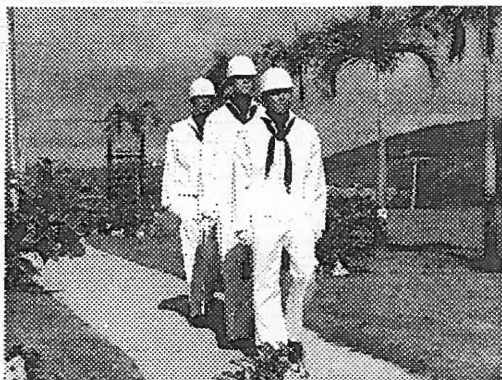
A Thousand Words...



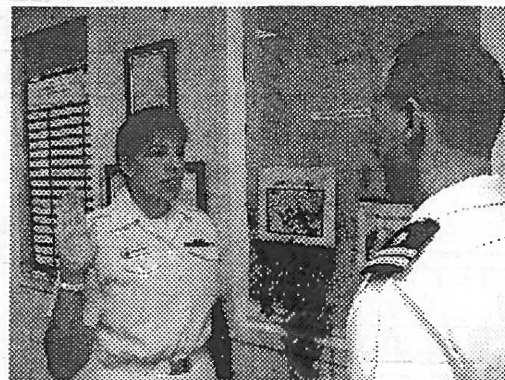
CAPT J.S. Kellogg, Director of Nursing Services, CAPT G. R. Brown, Naval Hospital Commanding Officer and Ensign Stacy Eldredge, Most Junior Nurse Corps Officer at Roosevelt Roads assist in cutting cake commemorating Navy Nurse Corps 92nd Birthday.



Naval Hospital staff Awarded Meritorious Unit Commendation (with two stars) for Humanitarian efforts after destruction Caused By Hurricane Georges. This marks the third such award given to the Naval Hospital.



Naval Hospital Color Guard Members make a crisp return after raising the colors on Friday, May 05, 2000. From Left to Right are HM2 FMF/PJ Tomlin, HN King and HR Cortez.



HM2 Laura Bradford receives the Oath of Reenlistment from her out-going Department Head, LT Mark Clark. Petty Officer Bradford reenlisted in order to complete her degree and receive a commission into the United States Navy Nurse Corps through the Medical Enlisted Commissioning Program. Petty Officer Bradford is currently pursuing her degree in nursing.



Some People have good years, but few can match the success of HM1 Kelly McNulty.

Recently named Naval Hospital's Junior Sailor of the year as a 2nd Class, Petty Officer McNulty found out that she was promoted during the September Exam Cycle. Those achievements, in and of themselves could be considered singular accomplishments in the careers of any sailor. In addition though, the recently frocked HM1 McNulty was nominated as the Naval Hospital's representative during Naval Station Roosevelt Roads recent Military Woman of the Year Competition and walked away with first place base wide.

Petty Officer McNulty, while serving as one of the Command's two Career Counselors, was also instrumental in the Naval Hospital receiving its third consecutive Golden Anchor for Retention.

HM1 McNulty serves as a role model for everything that is good about the Navy on a daily basis. She is – without a doubt – a SUPERSTAR here at Roosevelt Roads!

Civilian Awards Program In Full Swing

Mrs. Awilda Morales, Civilian Representative to the Executive Steering Committee

WHAT IS THE CIVILIAN AWARDS PROGRAM?

Successful individuals and team performance are important aspects of the Command Total Quality Leadership Program in the U. S. Naval Hospital, Roosevelt Roads. The Civilian Awards Program is an Employee Recognition Program developed by the Civilian Advisory Board, which resulted in the issuance of NAVHOSPRRINST 12451.2. It is intended to motivate employees to increase productivity through recognition of individual and team performance in the workplace as soon after the action is performed.

WHO CAN GRANT CIVILIAN CREDIT AWARDS?

All Naval Hospital employees (military, civil service, contractors, partnership, and volunteers) can grant up to 12 credit awards per fiscal year to any civil service (GS/WG) employee of the command. On the other hand, civil service employees can receive up to 16 credit awards per fiscal year. The award credits can be redeemed for time-off (1 hour/credit) or for cash (actual value \$45/credit). There are limits as to how many credits can be redeemed per quarter.

THE BENEFITS

One of the benefits of this type of Award Recognition Program is to give you an opportunity to recognize your fellow employees on the spot for the good work they do.

Another benefit of this program is that award credits are of the same value whether given by the Commanding Officer or a junior employee.

THE CIVILIAN AWARDS STORE

When a civil service employee receives a total of four or more awards credit, they bring them to The Award Store for validation and choose how they would like to redeem their award.

The Civilian Award Store is set up at the quarterdeck on a scheduled basis. These are the dates for this fiscal year 2000:

VALIDATION

REDEMPTION

MAX # CREDITS

13 January 2000

20 January 2000

8

20 April 2000

18 May 2000

12

20 July 2000

17 August 2000

16

(Validate and redeem slips)

21 September 2000

(leave time only)

HOW DO YOU GRANT AWARDS?

Award Credit Forms are located at the Information Desk on the quarterdeck. Just fill in the information on whom the Award Credit is coming from and going to. Then, check off or write in the reason why you are granting this award credit and give the form to the awarded employee, who will bring it to The Civilian Award Store on opening date.

It's that simple! You don't have to fill out any additional paperwork. And, you don't have to wait until the end of the year to say, "Thank you", You did a great job"!

SO ... WHAT ARE YOU WAITING FOR...?

When you catch someone (civil service employee) in the act of "good work performance", say ... "Thank you, Great Job"! ... with a Civilian Award Credit!

Naval Hospital Resort!?!

HM3 Anthony Massey, ALPO, ISU

It is a well-known fact that not very many people enjoy being an inpatient in a hospital. The very fact you are sick coupled with the inability to "sweat it out" in your own bed makes it a less than desirable experience.

At the Naval Hospital Roosevelt Roads, Inpatient Services Unit (ISU) we try our best to accommodate you and make your recovery a speedy one. Our 16-bed facility creates, in most cases, a private to semi-private environment to receive care tailored to your needs. Each of our fleet of staff, including 20 registered nurses and 19-hospital corpsmen, would like to become your medical concierges; assisting you in your healthcare needs. Fluffing pillows, a cool drink, pain control, or just a listening ear is never too much for us to handle. We make you an intricate part of your treatment and care. You help us to decide the best way to get you up and healthy again. Like any resort, we offer delicious meals prepared by our very own Food Services Department, that you choose from an assorted and appealing menu.

The fact that we are the only long-term inpatient ward in the hospital makes our patient population just as diverse as the skills of our staff. Whether it is medical/surgical, monitoring, pediatrics, geriatric, or labor and delivery, we have the knowledge and dedication to provide quality care to each patient individually.

Although every patient receives the same devotion from our staff, we are definitely partial to new moms and babies. Whether you are a first time mom or a veteran, we walk you through your baby's first days of life with patience and TLC.

After the doctor, we are the first smile your baby sees upon entering his or her "New World". Once your baby is safely in your arms he or she has inherited 27 aunts and uncles. We don't just take your baby's vital signs, we have fun with your new bundle of joy while you get much needed rest and relaxation. We stress bonding and education of your new baby with every room visit. Your questions are quickly and thoroughly answered so that taking your baby home will be an easy transition. If you make the decision to breastfeed your



new baby, our local Breast Feeding Promotion Team, will be "standing by ready to assist". We are sure you will find our new Breastfeeding room a comfortable and cozy place for you and baby to bond. Being discharged from the ISU does not mean your care stops. Yours' and baby's follow up appointments are a perfect time to come back to our breastfeeding room and spend quality time together. On the last Saturday of every month a Breast Feeding Support Group is held in the pediatric clinic so you and other moms can trade ideas, techniques, and stories. Please call EXT. 5911 for more information on this exciting program.

We on the ISU are well aware of the comforts of home that can be missed when you are an inpatient. We try our best to deliver those comforts to you with a smile and a caring heart. Our doctor's rest easy at night knowing the superb treatment they offer to their patients is being continued on the ISU.

No, the Inpatient Service Unit here at Naval Hospital Roosevelt Roads is not a five star resort. We can't offer a pool, sauna, and deluxe suite. Aside from that, all we are missing are those little chocolate mints on your pillow. (We're working on it!!) No one wants to be an inpatient, but it is nice to know that the ISU is tirelessly endeavoring to live out the Naval Hospital's motto by delivering the "Best Healthcare in the Caribbean"

Family Medicine

HN William M. Stephens, APAO, Family Medicine Clinic



F

amily Medicine Clinic is a specialty clinic that offers medical care in all areas of health and medical illnesses.

FMC Mission

We are the Family Medicine Clinic of the Naval Hospital, Roosevelt Roads, Puerto Rico. We Provide Primary Medical Care based on a Family Practice Model.

FMC Vision

Our Vision embodies a commitment to establish and maintain an environment for health care in which we are recognized as the standard in excellence in Military Family Medicine, where...

...Our Patients proudly view us as their primary source for health care for the entire family.

...Our Staff practice their caring profession with courtesy, compassion and respect using the available resources and receiving continuous training to enhance their skills, providing comprehensive continuing care to patients of all ages with particular emphasis on the family as a unit.

...Our facility should receive quality maintenance and improvement as available with the continuing goal to optimize clinical efficiency designed for family medicine.

...Other Comprehensive Primary Care Organizations view us as a model of innovation and continuous quality improvement.

...Other Military and Civilian Organizations view us as an internal foundation for this command providing operational, contingency, disaster and community support: prepared and willing to provide assistance at a moment's notice.

Much of what we do in Family Medicine is routine health maintenance, working to keep patients healthy and out of the hospital. In addition to health maintenance we perform OB and newborn care, physicals, PRT screens, PAP exams and minor procedures such as: skin biopsies, toe nail removal, minor suturing, dressing changes, vasectomies, IUD placements, flexible sigmoidoscopies, colonoscopies, nebulizer treatments, IV antibiotic treatments and IV fluid maintenance when necessary.

Our clinic population includes the active duty members from various commands, as well as visiting operational units, eligible family members of the active duty and retired military member. *However, the retired population is primarily seen on a space available basis only.*

To be seen in the clinic, we request that you call ahead for an appointment. **We can not guarantee that you will be seen right away or that day if you walk-in without an appointment.** Scheduling an appointment allows the corps staff and clinic nurse the opportunity to determine the best way to meet your health care needs.

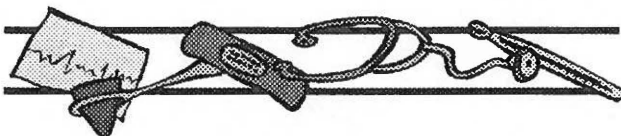
Every effort is made to get patients seen by a provider. However, if you are unable to be seen by a provider, the staff may be able to place an electronic consult with your provider noting your concern/request. The provider has 48 hours to respond to your concern or request.

Family Medicine Clinic

Hours of Operation

Mon-Fri: 0700-1700

To help us serve you better, please call ahead to schedule your appointment @ **865-5823/5828.**



Health Promotions Team Conducts Humanitarian Health Screening Project

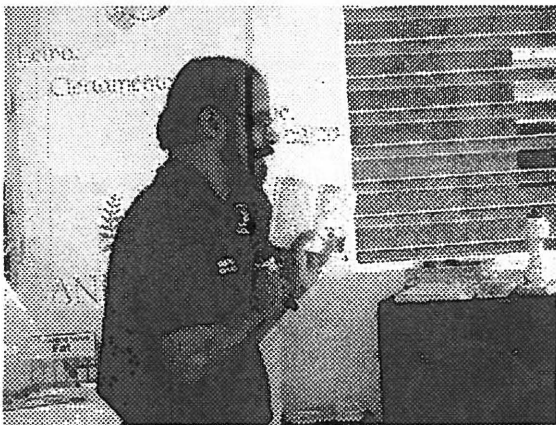
HN Daniel L. Henry, Naval Hospital Public Affairs &
LT James Reasor, NC, USN, Department Head For Naval Hospital Wellness Center

Community involvement is a widely practiced tenet of the U.S. Armed forces as well as a large part of our military heritage. Whether dropping foodstuffs and medical essentials behind the Berlin wall after WWII or coming to the aide of the disenfranchised and homeless in Honduras and Venezuela after the tragic consequences of Mother Nature's wrath, the U.S. Military has taken the forefront world wide. This has been especially true with regards to Navy Medicine.



As part of our efforts to be a good neighbor, the U.S. Navy has set in place many initiatives that show the communities where we live and work that we care about their well being and that they are an extremely important factor in the successful completion of our mission. This is even more apparent at overseas commands.

Naval Station Roosevelt Roads, Puerto Rico, provides a unique case in point. While Puerto Rico is itself an U.S. Commonwealth, it has a very distinct and proud Latino Heritage - and a great many of its citizens speak only Spanish. This however has not posed a problem with implementing several health care initiatives - as the U.S. Naval Hospital Roosevelt Roads and its Wellness Center have taken a proactive stance in community education and putting prevention into practice. One avenue through which the Wellness Center is achieving these goals is through the Healthy People 2000 initiative.



Healthy People 2000 is a national health agenda that was released in 1990 that provides a path to achieve a healthier lifestyle. The purpose of HP 2000 is to commit the Nation to the attainments of three broad goals that will help bring us to our full potential. The three essential goals include (1) Increase the span of healthy life; (2) Reduce health disparities in different population groups, and; (3) achieve access to preventive services.

One objective calls for the establishment of community health promotion programs that address the HP 2000 priorities and initiatives. A community health promotion program should include participation from involved citizens with representation from government, education, business, religion, health care, and the media.

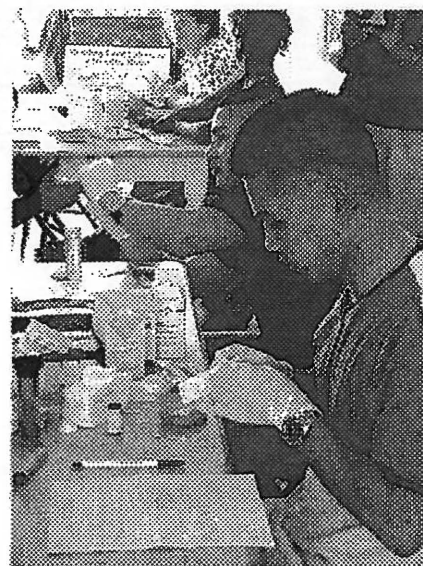
In an effort to assist with the Healthy People 2000 initiative, the Wellness Center accepted an invitation from the Iglesia Pentecostal Jehovah Nissi Church in Ceiba to conduct a Health Screening for the local community of Santa Maria. Knowing that the number one cause of death in Puerto Rico is due to high blood pressure secondary to coronary artery disease, high cholesterol, and diabetes, the Wellness Center assembled a 15 member volunteer team from the U.S. Naval Hospital to provide essential screening and counseling services. The citizens who attended were screened at no cost for hypertension, diabetes, high cholesterol, anemia, and pulmonary and dental problems. Of those who attended, many discovered for the first time that potential or actual medical problems were present. After the screening tests were administered, follow-up counseling with Dr. Myriam Leonardo was provided.

A total of 85 patients were screened and lunch was provided for the all volunteer crew. Mr. Samuel Rivera, who was recently chosen as the Naval Hospital's civilian of the year, served as one of the point people for the entire project. Mr. Rivera spoke to the group about nutrition and diet as well. He, along with Mr. Johnny Melendez, a civilian employed by the Navy Exchange, were the first to broach the subject of using some of the Naval Hospital's resources to focus on the urbanization of healthcare throughout the Naval Station's surrounding community. The two men determined that the focal point for this project – the avenue through which they would get the greatest response – would be the church.

According to Mr. Melendez, the people of the community know that the naval station serves a beneficial purpose. "People...enjoy seeing the base get involved. The base helps in more ways than most folks see on a daily basis. The volunteers don't have any political stance...our Pastor (Rev. Manuel Villalonga) believes that being a [good] citizen is showing acts of kindness." Mr. Melendez also stated that the community would more than welcome the Wellness Centers assistance with additional Health Fairs, including something for the neighborhood during the summer months.

This was not the first time the Wellness Center jumped at the opportunity to assist its neighbors. The Center held an inaugural Health Fair at the Pedro Rosario Nieves Housing Project, located in Fajardo, Puerto Rico, this past February. The positive response to services offered and the high turnout -over 150 residents were screened- provided even greater emphasis for meeting the needs of the community at large. The success of the first health fair also offered a blue print for future health care initiatives as our health promotions team gained an understanding of what services they should provide.

Once again the Naval Hospital Team has shown it is steadfast in developing and maintaining good relationships wherever duty may lead us. Through our ongoing commitment to proactive community involvement, we here at Naval Hospital Roosevelt Roads continually strive to achieve our mission. As always ...WE ARE STANDING BY, READY TO ASSIST!



OCHYAAAAAAAH!

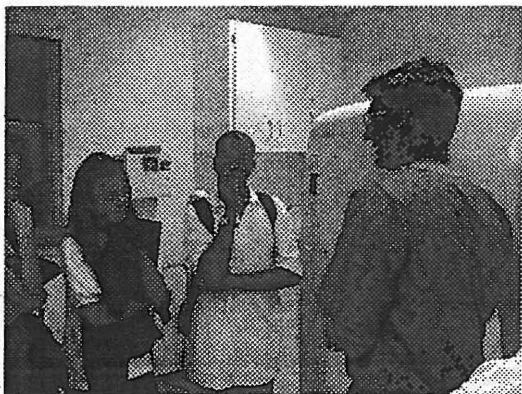


CAPT G. R. Brown, Naval Hospital Commanding Officer, looks on as HMC Jennejahn and HM2 Tomlin raise the Captain's Cup Trophy, awarded for the hospital's hard fought victory in the base-wide sports competition during the 1999 season. The NavHosp Team has already started defense of the cup for the year 2000.

when i grow up...

Naval Hospital Hosts Career Day for Middle School Students

HN Daniel L. Henry
Naval Hospital Public Affairs



When I was a kid, I wanted to be an astronaut. It seemed, at the time, like quite the exciting thing to do. It would have made my grandmother proud to no end to learn that her baby boy was out gallivanting around the moon. Unfortunately, Calculus and quantum physics [and, even more so, my inability to comprehend either of them] played a major part in my finding a more palatable major in college. Had I known what to prepare for earlier, I probably would not have drove my parents crazy with my ever changing interests.

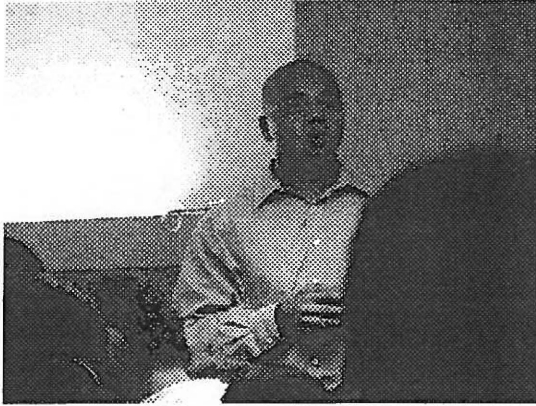
Recently, the Naval Hospital held a career fair for middle school students, to give them an idea of the types of job opportunities available in the medical field. The students, from the naval station Middle/High School, as well as students from the neighboring town of Humacao, were exposed to myriad aspects of running a major healthcare facility. The students witnessed how patient care, emergency medicine, pediatrics, administration and different clinics combine to provide healthcare to everyone.

One particular area of interests was the radiology department. LCDR Rowedder, HM1 Irmo Sanchez, and HM2 Robert Vance showed the students the various aspects of x-rays, cat scans, and ultrasound. They explained how these and other imaging techniques assist in the detection and treatment of medical problems. The students even got to see Dr. Rowedder's liver via ultrasound. Not something you'd experience on your typical field trip.

The students also found out some fascinating things about the human body as HM2 Lenae Pecenka and HM2 Frederic Mathieu guided them on a tour of the Laboratory. The types of jobs available to them in this particular field impressed our visitors. Petty Officer Pecenka even stressed the types of courses they should concentrate on in school to be successful. The real highlight to most of the kids, though, was the opportunity to find out "exactly what was on someone's mind" as they looked at an actual human brain. The experience proved to be quite thought provoking, to say the least.

The next stop on the journey through the world of medicine took us to the Emergency Room as some of the Navy's finest EMT's and paramedics reflected on life in



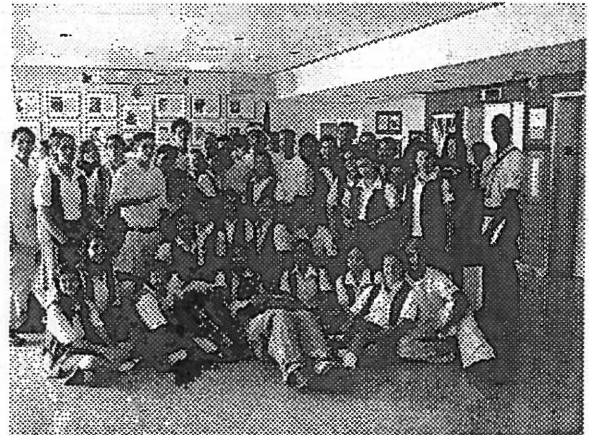


Paramedics can say that they did on the job training in the 8th grade.

the ER". HM2's Ralph Sanchez, Chris Pecenka and Matthew Kummerfeldt took our charges on a guided tour of their workspace and went over the details of what EMT's do. While it wasn't quite as exciting as some thought it would be (several references about it not being like the TV show), this was by far the most interesting area for the students on the tour. Everyone got the opportunity to board the emergency vehicles, use the emergency signaling devices and loud speakers and become an interactive part of the emergency medicine environment. Not many

The Inpatient Services Unit (ISU) tour provided our guests with a glimpse of the heart and soul of any hospital – patient care. On the ISU, the students learned about the integral part that nursing plays in helping people get better. LT Paul Daniels and LT Allison Martz, both members of the Navy Nurse Corps assigned to the ISU, provided students with an overview of the types of activities that nurses and corpsmen do. HM3 Tony Massey, assistant leading petty officer for the ward, took the students on an in depth tour of the ISU and fielded questions about everything from "what is an IV" to "what happens when the baby comes out."

One of the major highlights of the career days was LCDR Roger Fazio from the Pediatric clinic taking time out from his extremely busy schedule to sit down with a large group of students and field questions about opportunities in medicine. Not only did he answer questions about becoming a pediatric doctor, his specialty, but gave some insight into the educational requirements of several different professions – including lawyers and engineers. He let the students know that being a physician was not just about diagnosing medical problems, but that a doctor was interested in their mental and social wellbeing also. He explained that Doctors are there to listen whenever they had a problem, no matter what it was. The students were really impressed.



LCDR Dorrie Bryson, Pediatric Nurse, talked to the kids about what goes on in pediatrics. She explained that, because of their ages, most of them would probably be seen at that clinic. She also told them that this is where they would come for their immunizations. For some reason, though, the possibility of getting shots didn't seem too appealing.

The career day was, however, an undeniable success. Most of the students walked away with a greater appreciation of what it takes to run a hospital – and so did I. I wonder if I need to know quantum physics to become a radiologist? Hmmm...I think I see a new major on the horizon!

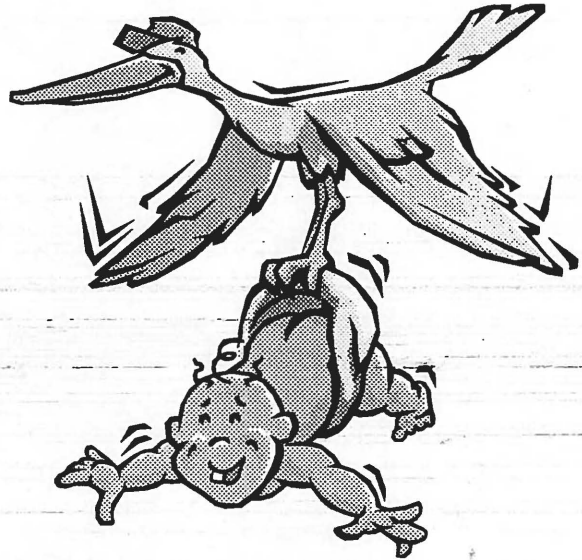
ROOSEVELT ROADS.

THE FAMILY BUILDING OBSTETRICS TOUR.

LCDR Roy Bergstrom, MD, MC, USN
Naval Hospital Roosevelt Roads OBGYN Department

PUERTO RICO WHILE, BLESSED WITH BEAUTIFUL BEACHES, IS NOT BLESSED WITH AN ABUNDANCE OF EMPLOYMENT OPPORTUNITIES FOR SPOUSES. MANY COUPLES CHOOSE TO USE THIS TIME TO EXPAND THEIR FAMILY.

IDEALLY, COUPLES DISCUSS THEIR PLANS FOR A PREGNANCY WITH THEIR HEALTH CARE PROVIDER PRIOR TO CONCEPTION. THERE ARE A NUMBER OF MEDICATIONS AND MEDICAL CONDITIONS WHICH CAN BE DETRIMENTAL TO A DEVELOPING FETUS. MANY WOMEN ARE UNAWARE OF THIS AND DO NOT SEEK MEDICAL ATTENTION UNTIL AFTER THE CRITICAL PERIOD OF DEVELOPMENT. DIABETES IS AN EXCELLENT EXAMPLE. STUDIES SHOW THAT HIGH GLUCOSE LEVELS AT CONCEPTION ARE ASSOCIATED WITH A MARKED INCREASE IN BIRTH DEFECTS. HOWEVER, GOOD SUGAR CONTROL PRIOR TO CONCEPTION DECREASES THE RISK TO ALMOST THAT OF A NORMAL PREGNANCY. ALSO, WOMEN WITH CERTAIN CONGENITAL ABNORMALITIES CAN PASS THEM ON TO THEIR CHILDREN.



A NUMBER OF MEDICATIONS CAN BE HARMFUL TO THE FETUS. IF A WOMAN IS TAKING A MEDICATION CHRONICALLY OR IS BEING PLACED ON A MEDICATION HER HEALTH CARE PROVIDER SHOULD BE INFORMED OF HER PLANNED PREGNANCY. IF NEEDED, TYLENOL, ROBITUSSIN, MAALOX, PSEUDOPHEDRINE AND CLOR-TRIMETON ARE SAFE OVER THE COUNTER MEDICATIONS IN PREGNANCY.

ALCOHOL IS THE LEADING NONGENETIC CAUSE OF MENTAL RETARDATION. NO SAFE LEVEL OF ALCOHOL IS KNOWN, THEREFORE SHOULD BE AVOIDED IN PREGNANCY. TOBACCO IS HARMFUL TO THE FETUS. THE TIME TO QUIT SMOKING IS PRIOR TO BECOMING PREGNANT. THE WELLNESS CENTER PROVIDES ASSISTANCE TO INDIVIDUALS WISHING TO STOP SMOKING. THEY HAVE INDIVIDUAL COUNSELORS, GROUP CLASSES AND PHARMACUTICAL AIDS (PATCH, AND PILLS).

THE RELATIONSHIP OF NUTRITION AND PREGNANCY OUTCOME IS WELL ESTABLISHED. IT IS IMPORTANT TO MAINTAIN A WELL BALANCED DIET WHICH INCLUDES AT LEAST 0.4MG OF FOLIC ACID. NEURAL TUBE DEFECTS (SPINA BIFIDA OR ANENCEPHALY) HAVE BEEN LINKED TO DEFICIENCIES IN FOLIC ACID. MOST WOMEN DO NOT INTAKE ADEQUATE AMOUNTS OF FOLATE. IT IS RECOMMENDED THAT WOMEN OF REPRODUCTIVE AGE TAKE A DAILY VITAMIN SUPPLEMENT. HOWEVER EXCESSIVE VITAMIN CONSUMPTION SHOULD BE AVOIDED. WHILE IT DOESN'T CAUSE BIRTH DEFECTS, LARGE AMOUNTS OF CAFFEINE (>3CUPS OF COFFEE/DAY) HAS BEEN ASSOCIATED WITH INCREASED RISK OF MISCARRIAGE.

IF YOU DO NOT HAVE MEDICAL PROBLEMS AND ARE ACTIVELY TRYING TO CONCEIVE, IT IS RECOMMENDED THAT A MENSTRUAL CALENDAR BE KEPT. MOST WOMEN'S MENSTRUATION IS ON A TWENTY ONE TO THIRTY-TWO DAY CYCLE. OVULATION TAKES PLACE ABOUT TWO WEEKS PRIOR TO THE MENSTRUAL CYCLE. STUDIES HAVE SHOWN THAT CONCEPTION RARELY TAKES PLACE IF INTERCOURSE IS AFTER OVULATION. THEREFORE IT IS RECOMMENDED THAT INTERCOURSE TAKE PLACE EVERY OTHER DAY STARTING THE WEEK BEFORE CONTINUING THROUGH TWO DAYS AFTER EXPECTED OVULATION. THE CHANCES OF CONCEPTION ARE APPROXIMATELY 20% EACH CYCLE. IT IS NOT CONSIDERED ABNORMAL UNTIL AFTER ONE YEAR OF TRYING TO CONCEIVE.

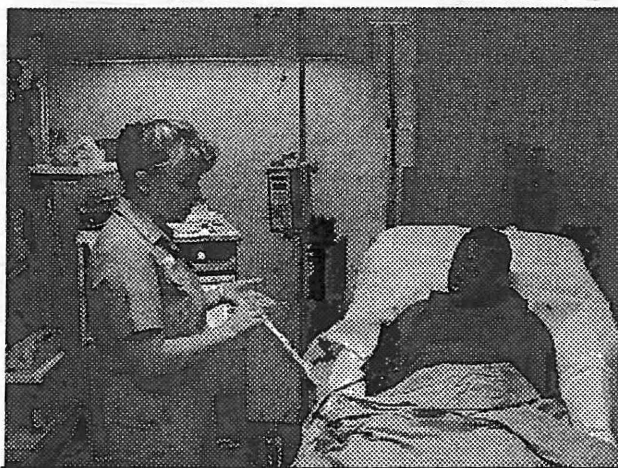
Navy Nurse Corps Celebrates 92nd Anniversary

HN Daniel L. Henry
Naval Hospital Public Affairs

"The Nurse Corps of the United States Navy is hereby established and the superintendent, chief nurses and nurses shall respectively receive the same pay and, allowances, emoluments and privileges as are now or hereafter shall be provided by or in pursuance of law for the Nurse Corps of the Army."

With Those words and the Stroke of a Pen, one of the most illustrious and time-honored institutions of the United States Navy was born.

From an original application field of some 40 registered nurses in 1908, a group of 20 individuals was selected for induction as the first members of the Navy's Nurse Corps. These new officers, dubbed the "Sacred 20", set the Pattern for what would become an "efficient and proud" corps of nurses. The Navy Nurse Corps, which owed its very existence in part to the success of the Army Nurse Corps, also benefited from several nurses who had been a part of those ranks as well. Esther V Hasson, whose father was a doctor who lost his own life fighting the Yellow Fever Epidemic in Cuba, was appointed the first superintendent of nurses for the Navy.



Navy Nurses do more than just take care of patients in the hospital. They also give patients the tools for proper healthcare at home. Through teaching, they help put prevention into practice.

1910 saw the first Navy Nurses receive permanent assignments overseas in places such as the Philippines (where many had served as Army Nurses during and after the Spanish American War), Guam, Hawaii, Yokohama, Samoa, the Virgin Islands and Cuba. They even took it upon themselves to organize native nurse groups at three of these, Guam, Samoa and the Virgin Islands. The nurses usually had a two-fold job to do: administer healthcare to American servicemen and native citizens and to promote everyday public health initiatives to the natives.

At the advent of World War I there were 190 nurses on active duty. Navy Nurses were sent to base hospitals in England, Ireland, Scotland and France. By the end of the war, The navy Nurse

Corps had expanded to 1386 members – many of whom were part of the recently created Naval Reserve Force. Many nurses distinguished themselves through great heroism and courage during the war. Four nurses went on to receive the Navy Cross for their deeds. Three received their awards posthumously.

World War II saw Navy Nurses immerse themselves more fully into the sometimes-hazardous role they play. Five nurses were captured on Guam and spent some time in Japan as prisoners of war. Eleven other nurses were interred on Santa Tomas before being released some 37 months later. Individual acts of heroism were also not uncommon. Consider the case of Navy Nurse Anne Agnes Bernatitus.

Nurse Bernatitus refused to abandon patients on the island of Corregidor. She worked until the last possible hour- assisting doctors as they worked on some of the most serious casualty cases- boarding the final submarine to leave the Island. In honor and appreciation of her courageous effort at the possible risk of capture by the enemy or even the loss of her own life, she became not only the first Navy nurse to be

awarded the Legion of Merit, but also the first member of the U.S. Navy (male or female) to have received the newly authorized medal.

Stories of Navy nurses' courage under fire abound. They have seen not only the carnage of two world wars, but have distinguished themselves in Korea, Vietnam and the Arabian Gulf – as well as lesser conflicts throughout the world. What is significant, though, is that, whether or not we are at peace or in conflict, Navy nurses have always conducted themselves far and above the expectations of their peers and superiors.

The Nurse Corps Today



Navy Nurses work most closely with Hospital Corpsman. This is by far the most dynamic partnership of Navy Medicine

The Nurse Corps today has seen both a rise in its ranks and its scope of practice. Navy nurses can expect to serve practically anywhere in the world- from the desert sands of the Middle East to the Cold Grey Sky's of North Eastern Europe and the Tropical Climes of Sunny Puerto Rico (not to mention Sea Duty on some of the Navy's finest vessels).

Along with this tremendous growth in it's ranks The Nurse Corps has seen advances in technology and methods which have enhanced the quality of care given to [and expected by]

our Naval Community. In order to meet the challenges posed at the dawn of its second century of operations, The Navy Nurse Corps has sought and commissioned only the best in the nursing field. Each nurse has at least a Bachelor of Science,

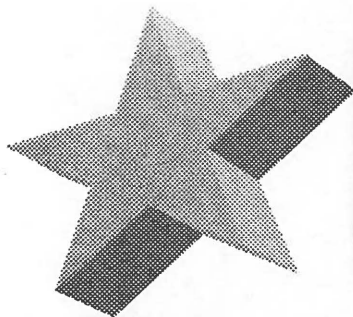
Nursing, from a fully accredited college or university. Many Nurse Corps Officers also have received advanced degrees in a myriad of subject areas – which bring a wealth of knowledge in their areas of expertise while enhancing their ability to manage the unique responsibilities of being a R.N. as well as an officer in the United States Navy.

The greatest resource for the recruitment of Nurse Corps candidates is the Navy's enlisted rank. Highly motivated sailors can talk to their career counselors about the opportunity of receiving a commission in to the naval reserve or regular navy as an Ensign or LTjg. A number of NC officers at Naval Hospital Roosevelt Roads (NHRR) were formerly enlisted sailors - a great many of them hospital corpsmen. In fact, the NHRR Sailor of the Year, 1998, HM1 Jermyn Francis recently left the enlisted ranks and put on Ensign bars as one of the newest members of the Navy Nurse Corps. While corpsmen make up a large percentage of the number of selectees, the Nurse Corps Commissioning Programs are open to every rating in the navy.

The dynamics of the job of the navy nurse have not changed dramatically over time. They are first and foremost nurses – providing care for the sick and injured. What is unique though, is that in providing this service, they enhance the ability of our military to protect the rights and privileges that we, as Americans, hold so dearly. Navy Medicine, and the fleet, depends on these proud and caring individuals to be steadfast and able in their duties. They have forged an indelible mark in our Naval Heritage.



A Navy Nurse Prepares Meds For Her Patient. Patient Care is the Primary-and oft-times most rewarding part of Nursing



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Friday, March 10, 2000
Naval Hospital Roosevelt Roads

